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News worth
sharing.

ANDREW VAUGHAN/THE CANADIAN PRESS

Playing catch in their honour

► Victims remembered in ball-tossing memorial held in
Charlottetown ► Derek Jensen opened fire, killing three and
injuring one, before he turned the gun on himself along Highway 2

ANDREW VAUGHAN/THE CANADIAN PRESS

Dozens of people donned ball gloves and tossed baseballs on a field outside Charlottetown's Colonel Gray High School, the alma mater of Tanner Craswell, 22, and his friend Mitch MacLean, 20.

The two promising baseball players were killed Thursday along with Tabitha Stepple of Lethbridge, Alta.

Police said Stepple's former boyfriend, Derek Jensen, rammed the car they were in on a highway south of Calgary.

He opened fire, killing the trio and wounding a fourth person in the car, 21-year-old Shayna Conway, also of Charlottetown.

Jensen then killed himself.

Colonel Gray principal Kevin Whitrow said Craswell and MacLean were too old to have gone to school with many of his current students, but the two were still known by many.

"There's a lot of students who



► Keith Craswell, father of Tanner Craswell.

know them through baseball and they know them through family and friends and the connections throughout the community," he said.

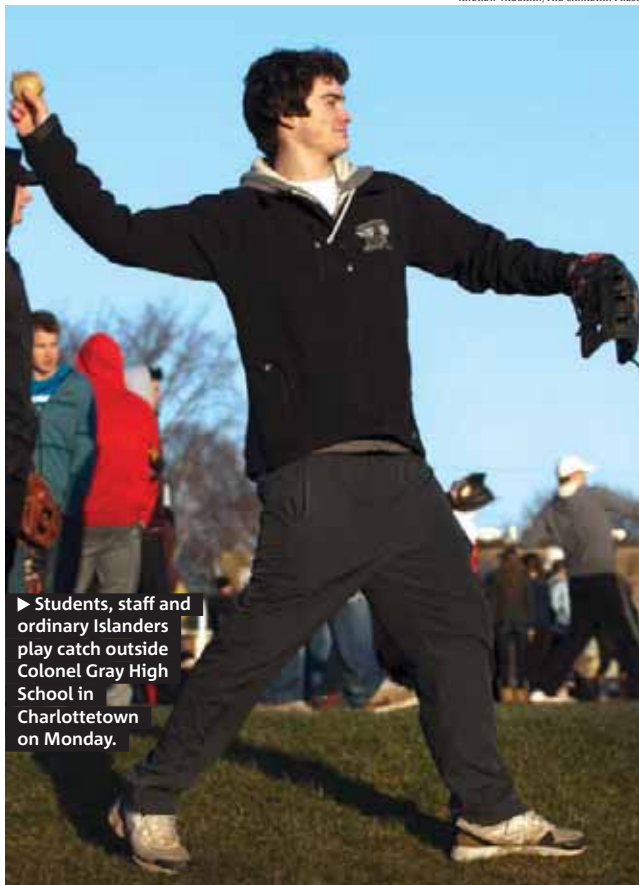
Whitrow said school staff and teachers who taught the two and knew them well have been deeply affected.

He said people were invited to play catch and do "whatever they

feel like doing" during the unusual memorial to the former students.

MacLean and Craswell were promising baseball stars with the Lethbridge Bulls of the Western Major Baseball League. MacLean was named rookie of the year and Craswell was an all-star shortstop.

Craswell, MacLean and Conway were all studying at Lethbridge College. **THE CANADIAN PRESS**



► Students, staff and ordinary Islanders play catch outside Colonel Gray High School in Charlottetown on Monday.

Funeral dates

► Funerals for the two men are planned for Thursday and Friday.

► 21-year-old Shayna Conway was the only survivor of the incident and remains in hospital.



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New law could fuel spike in towing

When the province begins curbing drunk drivers with its new impaired law — including 72-hour driving suspensions and car seizures come July — tow operators may have to pick up the pace.

Edmonton rotates towing needs among five companies, including police vehicle seizures.

Cliff's Towing is one. The company's Roy Hinteregger said he plans to meet with Edmonton Police Service to see if they expect a spike, which he does.

That may mean beefing its 26-vehicle fleet used to tow to impound, which will drive up costs and have smaller operators in a pinch, Hinteregger said.

"A new truck costs about \$90,000," he noted.

Police say the changes may also tax their time with increased waiting for tows.

Others fear impaired drivers may get missed in logistics.

"If numbers decline, it could be because I am being taken out (of active duty), waiting for a tow truck," said Const. Ian Brooks, of EPS' impaired driving countermeasures unit.

● SHELLEY WILLIAMSON



► EPS traffic Sgt. Gary Lemont fills out paperwork for a vehicle seizure. Such seizures will happen more frequently with the new impaired-driving legislation in Alberta.

Revving up the revenue

- Impaired law will roll business to EPS storage lot, create space crunch
- Fee collection expected to increase with more vehicles being seized

In the second part of a week-long look into impaired driving, Metro examines how impound space will be affected by a spike in seized vehicles.



SHELLEY WILLIAMSON
@METRONEWS.CA

The expected increase in vehicle seizures with the implementation of new impaired-driving legislation promises to stretch impound space and fatten police revenue.

Greater demand to tow — and stow — vehicles will be a reality of the new leg-

islation, said Dan Alexander, director, Edmonton Police Service exhibit management branch.

Drivers now face a 24-hour suspension when a blood-alcohol content of between 50 and 100 milligrams of alcohol per 100 millilitres of blood (which can also be expressed as 0.05 to 0.10 per cent of blood by volume) is detected by breath test.

Their vehicles are rarely towed.

Soon suspensions will grow to 72 hours, plus automatic vehicle impound.

When impaired drivers

By the numbers

- With drivers on the hook for the towing fee, plus daily storage, the minimum cost of a 72-hour vehicle seizure will be \$204.20, plus \$2 a kilometre in excess of 10 km.
- Impound fees at the city's lot are \$28 a day plus GST.
- In November, the impound lot housed 625 police-seized vehicles.

lose cars, EPS stands to gain.

"In terms of towing of vehicles, absolutely there

will be increased revenues," said Alexander, adding money is retained in EPS coffers.

The impound lot has space for 830 vehicles, but a fenced adjacent area, the Calder Lot, allows for overflow up to 650 vehicles.

"We worked that out with Edmonton Transit two years ago," said Alexander.

But police say getting more vehicles to impound may strain manpower.

"It's going to get worse. We're going to have to seize every vehicle," said Sgt. Gary Lamont of the EPS traffic unit.

1

news



More and more of China's Communist Party members are flouting compulsory atheism, much to the consternation of top officials. Scan the code for the story.

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These days, the best indicator of how the North American markets will perform is not North American data, says Allan Small, but European data. More at metronews.ca/investing



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HEATHER MCINTYRE/METRO



► Animals up for adoption at the Edmonton Humane Society range from puppies and dogs to rabbits, guinea pigs, birds, one reptile, and kittens and cats — like this one.

Pets make the perfect gift: EHS

► Pets given as gifts rarely surrendered to EHS: Spokesperson ► First time in years humane society allowing, encouraging pets as gifts



HEATHER MCINTYRE
@METRONEWS.CA

Whether it's a puppy or guinea pig that's on the wish list of a loved one, surprise gifts from the Edmonton Humane Society are now possible due to change in policy.

The EHS said Monday they now encourage pets to be adopted as gifts.

"What we used to do is not allow adoptions to be processed if someone wanted to give the pet as a surprise gift," said

20
Up to 20 animals adopted for gifts by Friday will be delivered by volunteers on Christmas Day.

spokesperson Shawna Randolph. "(But) people have always come to us wanting to do it."

EHS conducted research and consultations, and considered results of a study that evaluated top reasons

why people surrender animals — and pets as gifts wasn't one of them.

"There have been so many times that we have blocked certain adoptions because of no gifts, we know that there could have been a perfect match," said Randolph.

But the rules mean those doing the adopting and giving must undergo the interview process and conduct research on the pet being a good fit, as well as accept ultimate responsibility if the home in mind doesn't work out.

Local Korean community hopeful for change

SHELLEY WILLIAMSON
@METRONEWS.CA

As North Koreans settle in to life without their longtime dictator, the local Korean community characterized its state of mind in the wake of his passing as hopeful.

"I hate to say I am happy about someone's death, but it is a chance for North Korea to have its own strain of democracy," said Dr. David Bai, head of the Edmonton Korean Community Centre Foundation.

Bai said, he as a Korean living here since 1967, "has mixed feelings" about Kim Jong Il's death at 69 from heart failure on Saturday.

"We're glad because he brought so much suffering for so many years," he said.

Bai said Kim's son, the anointed successor, will



► Kim Jong Il

need some grooming before leading, but notes the Switzerland-educated heir remains controlled by the country's elite.

Bai, who has family in South Korea, is hopeful militarized lines dividing the Koreas may one day come down.

About the man

- Kim Jong Il, 69, became leader of North Korea at age 33 after his father died in 1994.
- It's believed the enigmatic leader who died on a train Saturday suffered a stroke in 2008.
- Kim is believed to have ordered the 1983 bombing of Myanmar, killing 17 South Korean officials, and destroying a South Korean jet, slaying 117 people in 1987.
- The graduate of Kim Il-Sung University was a known womanizer and Hollywood movie buff with a penchant for cognac, expensive wine and dancing girls.
- His youngest of three sons, Kim Jong-Un, is expected to succeed him.

Abduction, police chase ends in multiple charges

Police have arrested a 36-year-old man who allegedly took a one-year-old child and a van, leading police on a chase Saturday from the west end to Sherwood Park.

The child was unharmed.

● METRO

Accused teen denied bail for city's 45th murder

The mother of a 16-year-old facing a second-degree murder charge left court in tears Monday.

The boy was denied bail and returns to court Jan. 5. He was charged in a teen's death on Dec. 14.

● METRO

Province funds new space for those in need

The province announced \$48 million for nine projects Monday, which will translate into 500 new living spaces for seniors and those with disabilities.

Spaces will be in Edmonton, Calgary, Okotoks, Strathmore, Villeneuve and Olds. ● METRO

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Students drop off Backpacks of Luck for local homeless

► Backpacks provided to those in need this holiday season ► George H. Luck Elementary School returns for fifth year of donations and carolling



HEATHER MCINTYRE
@METRONEWS.CA

For 800 clients at Boyle Street Community Services, Monday was their lucky day.

More than 100 students from George H. Luck Elementary School lined up from their school bus parked outside through the front door and into the basement, singing carols as they passed along the Backpacks of Luck one by one. Students delivered the

bags to those in need at the centre after working to fill them with toiletries, toques, mitts, socks, a homemade scarf, coffee card and even a Christmas card.

"It feels good to bring joy to these people and make them feel happy," said student Derek Plain.

"After all, it's Christmas," added Jaidyn McMahon.

Holly, a client at Boyle Street who didn't want her last name used, said it's wonderful to see the students come back every year.

"To actually see kids doing this, it's just really great," she said while peering over the railing at the bags piling up in the basement.

But it's about more than just the donations, said the centre's executive director Julian Daly, explaining that the students also take the time to sing Christmas carols.

"I think it reminds the homeless people that there are people out there who care for them," said Daly, adding the holidays are a

By the numbers

- This was the fifth year students from George H. Luck school have put backpacks together and delivered them.
- In total, 2,800 Backpacks of Luck have been delivered to Boyle Street Community Services.
- About 400 students worked on the backpacks this year.

tough time of year. "It touches their hearts."



► Derek Plain, left, and Grace Johnson pass Backpacks of Luck along to other students outside Boyle Street Community Services on Monday.

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News in brief

THE CANADIAN PRESS/THE ASSOCIATED PRESS



► Bob Barker

Bob Barker foots elephant bill

PRICE IS RIGHT. Former game show host Bob Barker will apparently cover the full cost of transporting three elephants from the Toronto Zoo to California.

In a statement, the PAWS organization says Barker will pay an unspecified amount to move Toka, Thika and Iringa to their new home.

THE CANADIAN PRESS

Parents charged in sibling shooting

DELORAIN, MAN. The parents of a five-year-old boy who shot his younger sister on a farm in Manitoba are facing several charges, including criminal negligence and drug possession.

On Nov. 26, police went to a home and found a four-year-old girl had been shot just below the kidney — she has had surgery and is now recovering from her injuries.

THE CANADIAN PRESS

Lack of snow has cows thirsty

REGINA. The SPCA in Saskatchewan is concerned about how a lack of snow is causing a shortage of drinking water for cows this winter as it's not uncommon for cows to go to pasture in winter to eat snow.

THE CANADIAN PRESS

Curbing health spending

► Federal Tories' new plan to cut back health-transfer payments leaves some provincial ministers visibly angry

There was little Christmas goodwill spirit Monday as a meeting between provincial and territorial finance ministers and their federal counterpart ended in angry words.

Provincial finance ministers said they were astonished after federal Finance Minister Jim Flaherty "imposed" a new plan for how health money will be transferred to the provinces.

Flaherty said health transfers will continue to flow at the same six-per-cent increase rate they have been, but by 2018, the increase will drop to be tied to the rate of nominal GDP, which is the measure of economic growth including inflation.

"It's no present at all," said Ontario Finance Minister Dwight Duncan.



► Federal Finance Minister Jim Flaherty, centre, speaks to Bank of Canada Governor Mark Carney prior to a provincial, territorial and federal finance ministers meeting in Victoria on Monday.

Flaherty acknowledged

"It's a lump of coal."

Duncan said his colleagues were all shocked at Ottawa's unilateral decision.

sion.

"He put the document in front of us and said this is how it's going to be."

Flaherty acknowledged

Transfer details

- Flaherty announced Monday new health spending investments of \$178 billion over five years.
- He said even when transfers drop to be tied to the nominal GDP rate, Ottawa is guaranteeing provinces the funding will never dip below a three-per-cent increase.

there has "obviously" been some concern among provinces.

He said his provincial and territorial counterparts were briefed about Ottawa's plans at a dinner last night.

"We do need to talk about the way forward in terms of being fiscally responsible, not only at the federal level but across the country, all the governments," said Flaherty.

THE CANADIAN PRESS

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North Koreans mourn 'dear leader'

► Kim Jong Il died of a heart attack Saturday ► World waits to see how supreme power will be transferred

North Koreans marched by the thousands Monday to their capital's landmarks to mourn Kim Jong Il, many crying uncontrollably and flailing their arms in grief over news of their "dear leader's" death.

North Korean state media proclaimed his twenty-something son Kim Jong Un a "great successor," while a vigilant world watched for any signs of a turbulent transition to the untested leader in an unpredictable nation known to be pursuing nuclear weapons.

South Korea's military went on high alert in the face of the North's 1.2 million-strong armed forces

"How could the heavens be so cruel? Please come back, general. We cannot believe you're gone."

HONG SON OK,
GRIEVING KOREAN WOMAN

following news of Kim's death after 17 years in power. U.S. President Barack Obama agreed by phone with South Korean President Lee Myung-bak to closely monitor developments.

On the streets of the North Korean capital, Pyongyang, people wailed in grief, some kneeling on

the ground or bowing repeatedly. Children and adults laid flowers at key memorials.

The death could set back efforts by the United States and others to get Pyongyang to abandon its nuclear weapons ambitions, because his son — as an untested successor — may seek to avoid any perceived weakness as he moves to consolidate control.

The death comes at a sensitive time for North Korea as it prepares for next year's 100th anniversary of the birth of Kim Il Sung, the country's founder.

THE ASSOCIATED PRESS



► North Korean women cry after learning of the death of their leader Kim Jong Il on Monday, in Pyongyang, North Korea.

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KYODO NEWS/THE ASSOCIATED PRESS



What's next?

Following the death of Kim Jong Il, his son Kim Jong Un, reportedly 27 or 28 years old, will become the country's leader.

- ▶ Kim Jong Il's death didn't come as a surprise for North Korea, and there have been succession plans in place since 2005.
- ▶ Kim Jong Un will take over, but he probably won't be the only leader. He may become more of a figurehead, with the National Defense Commission assuming more power than it had under his father.
- ▶ While Kim Jong Un trains for his new job, his uncle Jang Song Thaek is predicted to act as the power behind the throne.
- ▶ Kim Jong Un may try to show his tough-guy credentials through international aggression.
- ▶ North Koreans have reason to rise up against the regime—but it's unlikely they will.

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Egypt's ruling military lashes out at protesters

► Ruling council defends use of force ► Leading political groups steer clear of latest unrest

Egypt's ruling military questioned the morals of a female detainee, accused a prominent publisher of incitement and bashed the media for allegedly working to destabilize the country in a new effort Monday to crush the pro-democracy movement trying to oust the generals.

The criticism, delivered by a member of the ruling military council in a nationally televised news conference, came hours after troops in riot gear swept through Cairo's Tahrir Square, opening fire on protesters and lobbing tear gas into the

crowds. At least three people were killed, pushing the death toll for four days of clashes to 14.

Violence has been raging in Cairo since Friday, when military forces guarding the Cabinet building near Tahrir Square heavily cracked down on a three-week-old sit-in to demand the ruling generals immediately hand power to a civilian authority. Tahrir was the centre of the uprising and remains the base of the democracy movement's ongoing protests.

The raid early Monday appeared to be an attempt by the military to keep



► An Egyptian man chants slogans during a protest in Cairo's Tahrir Square on Monday.

protesters away from key government buildings near the square, including parliament, the Cabinet headquarters and the Interior Ministry, which is in charge of the hated police. The protesters have de-

cried the military's heavy-handed crackdown, with activists flooding social networking sites and other media with photos and video of troops beating and attacking protesters.

THE ASSOCIATED PRESS

U.S. officials caution online sperm donor

U.S. officials have warned a California man who has been donating cups of his sperm to women who want children.

Trent Arsenault tells the San Francisco Chronicle newspaper he's been donating sperm for five years to women he meets online.

He says he got three women pregnant last month, a record for the 36-year-old father of 14 — and counting.

Arsenault says he considered donating through sperm banks, which offer money and donor anonymity. But he decided to give it away in sterile cups so he could meet the future parents.

The U.S. Food and Drug Administration has told Arsenault he's facing a \$100,000 fine or up to a year in prison for ignoring regulations requiring blood tests to screen for communicable diseases.

Arsenault, an engineer



► Trent Arsenault on Facebook

with Hewlett-Packard, started donating sperm in December 2006.

Before donating the sperm, Arsenault and the parents sign contracts that absolve him of any fathering rights or responsibilities.

In all, Arsenault has given 348 sperm donations to 46 women. But it's not the number of donations that the FDA has a problem with. In a letter to Arsenault in November 2010, the agency took issue with the safety of his sperm.

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YOUR PAST REARS ITS UGLY HEAD ON FACEBOOK

SHE SAYS...

JESSICA NAPIER
METRO



Everybody hates change, especially us over-entitled Facebook users. Whenever the developers at the omnipresent social networking site make even the slightest tweaks, a large percentage of the 800 million active users become a seriously whiny bunch. And while modifications to privacy settings are a completely legitimate concern, you have to wonder if the digital uproar over every little page layout alteration is really all that necessary.

So when Mark (King of the Internet) Zuckerberg announced that Facebook would be overhauling the entire site and introducing its new Timeline feature, all kinds of Internet hell broke loose. The angry masses took to their keyboards to protest about the changes in fuming status updates, ironically using the very medium they're criticizing to complain about it. How very meta right? Somewhere, Marshall McLuhan is smiling.

Once upon a time, Facebook sold itself on connecting people, but the new feature (which finally launched worldwide last week) reveals what the site has really been about all along: vanity.

"And remember all of those lost photos from your fat years that were once buried in ancient albums? Well now they're just a click away!"

More visual and customizable, Timeline lets you play curator in a museum of your own digital history. The scrapbook-like interface means users can upload not one but TWO profile photos, enabling a more two-dimensional form of narcissism. So now you can post that here-I-am-drunk-at-a-bar-throwing-up-offensive-hand-gestures snapshot juxtaposed against a wide-angle photograph

from your trip to Southeast Asia last year. All of which to prove to your friends that you might actually have some substance.

More importantly, Timeline's neatly organized yearly catalogue makes taking a walk down memory lane that much easier. Us early adopters (I've been sharing my own mundane personal details since November 2005), we can't resist the temptation to jump back and forth throughout the years, reliving our not-so-distant past through old conversations and tagged photos.

Remember when you signed all your wall posts with your name at the bottom because it was maybe kind of like an email? How silly. And remember all those lost photos from your fat years that were once buried in ancient albums? Well now they're just a click away!

Yes there's plenty to discover on Facebook in the age of Timeline. But before you publish your digital autobiography, you might want to take a moment to edit those posts from the years before you accepted your mom's friend request. After all, Facebook is the one place where life's most cringe-worthy moments can be deleted for good.

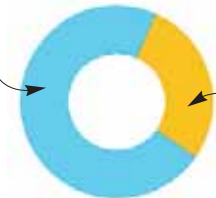
Read more of Jessica Napier's columns at metronews.ca/shesays



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Are you ready for the messy, unpredictable and stormy winter that meteorologists are calling for?

72%
YES, I HAVE
ADAPTED A
FROSTY-THE-
SNOWMAN
PERSONA TO
MAKE IT
THROUGH
THE SEASON



28%
NO, LA NINA IS
JUST HYPE

Local tweets



► @WorldsBessUncle:
#Edmonton, is
"The Human

Christmas Tree" the prequel or the sequel to "The Human Centipede"?

► @YEGmamaMD: But I keep daydreaming about that MASSIVE singing Christmas tree! The magnitude of voice power was very impressive. #yeg

► @CanadianDijon: There's a sad, semi-deflated reindeer humping the roof of a downtown Starbucks. A great metaphor for Christmas in #yeg.

► @michpetersjones: I like shopping. I HATE christmas shopping! #yeg

► @FitzgeraldSTA: Its funny how every year Albertans need to re-learn winter driving. #yeg #yyc #fail

► @kirkssaid: Why do ppl buy ex-cop cars? They're ugly and have major hrs on engine. #yeg

► @robchartrand: Would love your input. "Other than for eating, Christmas fruitcake is good for..." #fb #yeg

► @YalLeY9: I highly recommend the Superstore on 118ave near Kingsway!!! Clean, organized, well stocked and not busy! #yeg

PHOTO CHALLENGE WINNERS

► The winners of the 2011 Metro Global Photo Challenge have been chosen ► One of this year's winners lives in Montreal

Metro is proud to present the winners of the 2011 Metro Global Photo Challenge. After 162,000 submissions from thousands of photo enthusiasts, Metro readers and a star-studded jury have selected their top four.

The winning entrants each earn a trip worth roughly \$1,300 to any of 100 cities where Metro is published. ● METRO WORLD NEWS

MOMENTS OF MY LIFE WINNER: THE MAGIC LANE



Metro spoke with music-management student Pierre-Philippe Kikhouna, 26, who is from Paris but lives in Montreal.

Tell us about your winning



photo.

It was a sunny day in Parisian district Etienne Marcel. Moments before I took this shot, I was thinking to myself how lucky it is for a photo lover to roam the streets of Paris. All of a sudden, I heard children playing, went around the corner, saw the children having fun, got on my knees and quickly shot the photo.

The prize is a trip to any Metro city in the world. Where do you plan to go?

"This image takes us all back to that childlike freedom when none of us had a care or worry in the world. A delightful reminder of the joys of youth. You can almost hear their cheers!"

JURY CHAIRMAN NIGEL BARKER

I will probably choose a city in Latin America: Brazil, Mexico or Chile.

What's your secret tip in cap-

turing the perfect picture?


For me, there is no such thing as a perfect picture — only a perfect moment and a perfect time. The only tip I can give is don't see but watch.



For a complete list of Metro Global Photo Challenge winners, scan the code.


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South Trail Crossing
Sunridge Mall
Sunridge Mall (kiosk)
Westbrook Mall

CANMORE
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3918 White Mud & 17th St.
6143 - 28th Ave.
9774 - 170th St.
10603 - 107th Ave.
17551 - 100th Ave.
14808 Stony Plain Rd.
18559 Stony Plain Rd.
Abbottfield Shoppers Mall
Bonnie Doon
Capilano Mall
Edmonton City Centre
Kingsway Mall
Kingsway Mall (kiosk)
Londonderry Mall
Mill Woods Town Centre
Northgate Centre
Northgate Centre (kiosk)
Sherwood Park Mall
South Edmonton Common
South Park Centre
Southgate Mall (kiosk)
St. Albert Trail at 137 Ave.
West Edmonton Mall
West Edmonton Mall (kiosk)
Westmount Centre
Whyte Avenue at 107 St.

FORT MCMURRAY
19 Riedel St.
Peter Pond Shopping Centre

GRANDE PRAIRIE
Prairie Mall

LEDUC
4916 - 50th Ave.

LETHBRIDGE
Park Place
SmartCentres Lethbridge

LLOYDMINSTER
Lloyd Mall

MEDICINE HAT
Carry Drive Plaza
Medicine Hat Mall

PEACE RIVER
10032 - 100th St.

RED DEER
Bower Place Shopping Centre
Parkland Mall

ROCKY VIEW
Crossiron Mills Mall

SPRUCE GROVE
Creekside Centre

ST-ALBERT
460 - 140 St-Albert Rd.
St. Albert Centre

WHITECOURT
3439 - 34th Ave.

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News in brief

KEVIN FRAYER/THE CANADIAN PRESS



Pilots to work through the holidays

NO STRIKE ... YET. The Air Canada Pilots Association says travellers do not have to worry about a strike over the busy Christmas season. The union group issued a statement to that effect. Pilots aren't in a legal strike position until mid-February, when they face a potential deadline.

THE CANADIAN PRESS

Saab files for bankruptcy

TROLLHATTAN, SWEDEN. Saab Automobile filed for bankruptcy on Monday, giving up a desperate struggle to stay in business after previous owner General Motors Co. blocked takeover attempts by Chinese investors.

Saab CEO Victor Muller personally handed in the bankruptcy application to a court in southwestern Sweden, ending his two-year

effort to revive the carmaker.

The Dutch entrepreneur told reporters he had to pull the plug after GM, which still owns some technology licences for Saab, rejected a last-ditch financing plan with a Chinese company.

While experts say Saab is likely to be chopped up and sold in parts, officials in the town of Trollhattan, where Saab employs more than 3,000 people, were holding out hope that a new buyer would emerge to salvage the brand.

THE ASSOCIATED PRESS

Republicans balk at payroll tax cut

SENATE VS. HOUSE. The U.S. House of Representatives intends to vote down a two-month extension of a payroll tax cut for millions of Americans that cleared the Senate late last week, Speaker John Boehner said Monday. Without action by Congress, both the payroll tax cut and a program for long-term unemployment benefits will expire on Jan. 1.

It's the latest game of legislative brinksmanship between the Senate and the House. Economists have warned that the move could set back an already fragile economic recovery.

THE ASSOCIATED PRESS

Phone-hacking routine: Whistleblower's brother

► Tabloid journalists referred to the practice as 'the dark side' ► Scandal has spread to more British papers

Illegal voicemail interception and cellphone tracking was a matter of routine at both The Sun and the News of the World tabloids, the brother of a whistleblower at the centre of Britain's phone hacking scandal said Monday.

Stuart Hoare —brother of the late journalist Sean Hoare —told an inquiry into British media ethics that both papers, published by Rupert Murdoch's News International Ltd., broke the law as part of their "daily routine."

"The reality was that phone hacking was endemic within the News International group," Hoare said in a witness statement published on the inquiry's website.

"I know this to be the case because Sean and I regularly discussed this and there are emails in existence which support Sean's description of a practice referred to during such meetings as 'the dark side.'"

Sean Hoare was the first ex-News of the World journalist to publicly accuse his former editor Andy Coulson of being at the hub of a culture of wrongdoing at the paper, an allegation that helped ignite the scandal that forced Murdoch to close the British tabloid.



► Anti-Murdoch protesters rally in London.

CARL COURT/GETTY IMAGES

Dark doings

- The phone-hacking scandal has spread to The Sun, another Rupert Murdoch title and Britain's top-selling daily.
- The late journalist Sean Hoare said Sun reporters engaged in a practice dubbed "pinging," by which police were bribed to trace the location of people's cellphones.

Market moment

TSX	Dollar	Oil	Natural gas
- 95.68 (11,539.7)	- 0.16¢ (96.27¢ US)	+ 35¢ US (\$93.88 US)	\$3.096 US (- 3¢ US)
			Gold \$1,597.90 US (- \$1.20 US)

BARRIS/AP/WIDE WORLD





► Prince Alwaleed bin Talal bin Abdulaziz Al Saud and his wife, Princess Amira, arrive at The Savoy hotel in London last year.

OLI SCARFF/GETTY IMAGES

Tweet deal as Saudi prince buys \$300M stake in Twitter

Saudi billionaire Prince Alwaleed bin Talal and his investment firm, Kingdom Holding Co., are pouring \$300 million into Twitter, Alwaleed announced on Monday.

The investment follows months of negotiations and will give the company a "strategic stake" in Twitter, though it wasn't clear how much the prince will control.

Alwaleed, a nephew of the Saudi king, has a histo-

ry of investing in media and technology companies. He owns 95 per cent of KHC, which has major stakes in Citigroup Inc., Apple Inc. and Rupert Murdoch's News Corp.

His Twitter investment comes as Arab activists from Tunisia to Bahrain have flocked to Twitter to co-ordinate protests and voice their opposition to long-ruling autocratic regimes.

THE ASSOCIATED PRESS

"We believe that social media will fundamentally change the media industry landscape in the coming years. Twitter will capture and monetize this positive trend."

AHMED HALAWANI, EXECUTIVE DIRECTOR, KINGDOM HOLDING CO.

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2

scene

Scene in brief



Paul McCartney is re-releasing an album of standards — plus two new songs of his own. The former Beatle announced Monday that his new disc will be out on Feb. 7. It doesn't have a title yet but he's already streaming one song, My Valentine, on his website.

THE ASSOCIATED PRESS



Jamie Bell says actors' performances lend heart and soul to tech-heavy Tintin

Best and worst of 2011

► Before we get carried away with promising new movies of 2012, let's take a moment to remember 2011 in film ► Here's Metro's picks of the best and worst the year had to offer



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METRO WORLD NEWS IN HOLLYWOOD

The Best

1. Hugo

Whether in 3D or not, Martin Scorsese's tribute to childhood and the early days of cinema dazzles and enchants — thanks in no small part to newcomer Asa Butterfield as the titular orphan keeping the clocks in a Paris train station running.

2. Shame

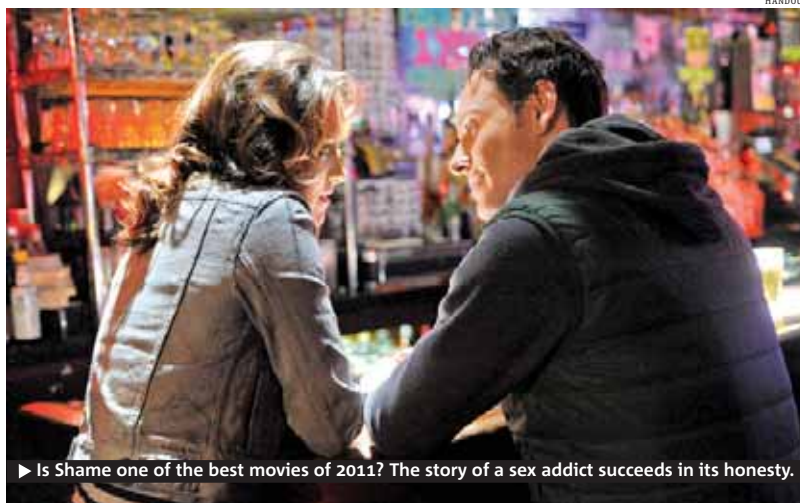
All nudity jokes aside, Michael Fassbender turns in one of the most powerful performances of the year as man feeding his sex addiction while trying to keep the rest of life at arm's length. A bummer of a film, to be sure, but it's a more honest and unflinching look at life than audiences have seen in a long time.

3. Beginners

A sweet and crafty film, Mike Mills' semi-autobiographical tale about a man (Ewan McGregor) dealing with his 75-year-old father (Christopher Plummer) coming out of the closet is quite simply a thing of beauty.

4. Like Crazy

Fair warning: This film is trying to break your heart — and it succeeds, thanks to frank and risky impro-



► Is Shame one of the best movies of 2011? The story of a sex addict succeeds in its honesty.

vised performances by Felicity Jones and Anton Yelchin as young lovers who make stupid but whole believable decisions for the sake of love. Quietly devastating.

5. Weekend

A startling debut from British filmmaker Andrew Haigh that chronicles the meeting and subsequent three-day romance of two men in elegant, true-to-life frankness.

The Worst

1. J. Edgar

There were arguably worse films this year — just check further down this list — but Clint Eastwood's simultaneously too subtle and clumsily loud biopic fails more spectacularly



► J. Edgar's star power couldn't save the clumsy biopic from crashing.

than the rest. Given the Oscar-winning talent involved, the artless melodrama of J. Edgar is particularly startling.

2. Waiting for Forever

It's not nice to pick on smaller films, but this indie gem was so egregious it demands mention. Its greatest offence? Playing stalking and mental illness off as cute rom-com behaviour.

3. New Year's Eve

A romantic comedy Death Star that can't hide its cynicism, the movie did manage to sneak in Sarah Jessica Parker being introduced by the sound of horse hooves, so it's not a total loss.

4. Larry Crowne

A completely tone-deaf and sexless romantic comedy, featuring Tom Hanks and Julia Roberts doing their best approximation of "everyday people" — and showing just how out of touch they are.

5. The Twilight Saga: Breaking Dawn — Part 1

Criticizing the Twilight franchise is a futile enterprise, of course, but this latest entry — half a book stretched out far longer than the story can support — brings something new to the series' list of offences: It's unbearably boring. Also, no title should need that much punctuation.

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DVD Releases

Buy it 🌟🌟🌟🌟🌟 | Rent it 🌟🌟🌟🌟 | Borrow it 🌟🌟🌟 | Yawn 🌟🌟 | Don't bother 🌟

Midnight in Paris**Genre:** Comedy**Director:** Woody Allen**Stars:** Owen Wilson, Rachel McAdams, Kathy Bates

🌟🌟🌟

In Woody Allen's *Midnight in Paris*, the City of Lights is a leading lady, shot with reverence by cinematographers Darius Khondji and Johanne Debas who depict it with the rapture of lovers. But don't think this film is merely a delicious travelogue. Allen is musing on the folly of nostalgia, which seduces us with the thought that life must have been better in the past.

It's an affliction that has struck Gil (Owen Wilson) hard. He's a successful Hollywood screenwriter who would rather pen novels, and yearns for the romance of Paris in the 1920s, the Jazz Age, when he presumes the words flowed as easily as champagne.

Gil finds himself in Paris with his fiancée, Inez



(Rachel McAdams), and her wealthy, shallow parents. Faced with another boring evening with Inez and her pretentious friends, Gil begs off to go for a walk.

Wandering off his intended path, Gil finds him-

self somewhat lost just as a nearby clock strikes 12 and a vintage Peugeot rolls up to the curb. Its passengers beckon Gil to join them.

Surprisingly, perhaps, Wilson handles the role of the adventurous Gil handi-

ly and believably. Magical and dreamy, *Midnight in Paris* will take you on a trip you didn't bargain for.

🌟 **PETER HOWELL**

Margin Call**Genre:** Drama**Director:** J.C. Chandor

Stars: Zachary Quinto, Stanley Tucci, Kevin Spacey

🌟🌟½

You don't have to understand the niceties of asset-backed commercial paper to enjoy the boardroom thriller *Margin Call*, the fast-moving feature debut from writer/director J.C. Chandor. Set over two tense days and one very long night at a Wall Street investment firm very like

the late Lehman Brothers, *Margin Call* is a realistic take on what happens when high-flying money speculators suddenly hit ground.

Director Chandor made the right decision focusing his lens on the people — not the numbers — of the financial crisis. This is a Greek tragedy wearing pinstripes.

🌟 **PETER HOWELL**

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New episodes post every Tuesday and Thursday. Watch at www.facebook.com/OriginalsTheSeries



At least Courtney's house was Pretty on the Inside

► **Rocker evicted as owner finds hand-painted walls ruined, among other things**

After damaging the decor in her \$27,000 a month New York City townhouse, Courtney Love has been evicted, according to the New York Post.

"I was horrified by what she had done. The walls that had been hand-painted and glazed were ruined, covered in damask wallpaper and ice-blue paint," the owner, Donna Lyon, says of Love, who is reportedly two months behind on rent as well.

And that's after starting a fire in the master bedroom in June.

"I got a call from her accountant, who said, 'Miss Love is fine,' which I was glad to hear," Lyon says.

"But I thought, 'What about the house?'"

● METRO



► Courtney Love

Finally, Lohan a hot commodity again

For the first time in a long while, Lindsay Lohan has a bona fide hit on her hands.

Retailers are reportedly having trouble keeping copies of her issue of Playboy in stock, according to TMZ.

There also has been a surge of online subscribers to the magazine's website since the release of the troubled actress' naked pictorial.

● METRO



► Lindsay Lohan



► Ellen DeGeneres

Ellen moves in to Pitt's home

Brad Pitt didn't have to look far to find a buyer for his Malibu mansion: Ellen DeGeneres and Portia de Rossi snatched up the \$12-million property with private beach access this month, according to Us

Weekly.

"It was a quick transaction and Brad's stuff is already out," a source says.

"Ellen and Portia would like to start using the house immediately."

● METRO

Arranged marriage in Hollywood?

Hollywood matchmaking apparently starts early, as Viola Davis is hoping to set up 16-month-old adopted daughter, Genesis, with Sandra Bullock's adopted son, Louis.

"Oh yeah, I'd absolutely love to set her up with Louis," she jokes to People magazine.

"That kid is so cute. He's going to be a bruiser. But let's try to get a play date in first. If they are ever in the same place, we'll get them together."

● METRO



► Viola Davis

Celebrity tweets



Not a great year for tyrants... BinLaden, Gadhafi, now Kim Jong-il



@piersmorgan

@Joan_Rivers

The recipe for Christmas goose is the same as Hanukkah goose. The difference is we let the housekeeper cook it.



@HowardStern



Can't find a newspaper.

@BetteMidler



Yes many things are horrible, but how about in-grown toenails? Mommmeeeeeee!!!!!!

He's no Belieber in old Saint Nick

Justin Bieber never believed in Santa Claus. he wasn't real, that it would be like she was lying to me. And

"My mom always told me there wasn't a Santa," the pop star tells AOL Music. "This was her logic: She thought if I grew up knowing about Santa then finding out he wasn't real, that it would be like she was lying to me. And then when she told me about God, I maybe wouldn't believe her." Luckily, it was a tidbit that Bieber was good enough to keep to himself.

"I didn't tell my friends or ruin it for anyone," he says. "I was a good kid."

● METRO



Justin Bieber

Don't fear the feast

► The holidays can do some serious damage to your waistline ► But with some careful plans you can still enjoy the fun without suffering the New Year's hangover ► Read up and dig in



CELIA MILNE
LIFE@METRONEWS.CA

There are so many temptations at this time of year.

Whether it's the treats that constantly seem to be on offer at work, the huge family dinners, or junk food to accompany a movie, the holidays are famous for luring us into eating and drinking too much.

Eggnog, shortbread, gravy, and plenty of booze — beware.

The good news, according to Kim Arrey, a dietitian and nutrition coach in Montreal, is that, with a little advance planning and careful choosing, you can indulge without too much guilt.

She estimates that the average weight gain during the holidays is three to five pounds.

"When faced with so many opportunities to consume foods that contain more fat, more salt or more sugar, and may be less nutrient dense than usual, many people are overwhelmed. Since many of these goodies are only offered up once a year, the option is clear — eat the goodies."

Arrey recommends you accept that there will be temptations, and choose between them. For example, skip the eggnog but have one dessert, if dessert is your thing.

Holiday tips

Here are Arrey's tips for navigating the holiday season:

- **Slow down** Enjoy all aspects of your meal — savour the taste and texture of your food and the conversation going on around you.
- **Stay the course** Eat your favourite foods, and drop the ones you eat just because they are there. "Plum pudding only comes around once a year, so if you enjoy it, leave room for it by not eating the mashed potatoes. Why waste calories on foods you do not like?" says Arrey.
- **Snack** Eat a snack between meals. This helps you eat smaller amounts at meals. Try a source of protein, such as nuts or cheese, along with fruit or vegetables and dip.
- **Rule** When putting food on your plate, remember the one-quarter, one-half, one-quarter diagram: Try to fill half of your plate with vegetables and only one-quarter of the plate with grains or potatoes and one-quarter of the plate with meat and alternatives. "Unless they are drowning in butter or sauce, vegetables are a great way to include great taste, nutrients and not too many calories."



► You can still enjoy the seasonal foods and not hurt your waistline.

3

life

Skin-care picks

These body balms are perfect for rejuvenating parched, sullen skin during the colder months.

L'Occitane Almond firming and beautifying milk veil

Contains micro pearls to pep up your complexion.



L'OCCITANE

\$33
locitane.com

Biotherm Nutri replenishing body treatment for dry skin

Omega 3, apricot and musk rose oil enriched formula repairs flaky skin.



BIOOTHERM

\$38
biotherm.com



MP tables proposal to post warnings, ban use of tanning beds by under-18s

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

Spice of the season

The aromas and flavours of spices signal the holiday season — and they're good for you. Our senior editor Margaret Nearing rounded up some of the latest studies for the December issue of Best Health.

Nutmeg

It's long been known as an aphrodisiac, though the evidence has largely been anecdotal.

Now scientists at the University of Guelph have reviewed the research showing nutmeg increased sexual activity in animals.

Why not sprinkle a little extra on your eggnog?

Cardamom

It's a source of manganese, and a U.S. study

found that women who ate high amounts of manganese each day had fewer PMS symptoms than those who ate the least. Add a generous sprinkle to your morning coffee or tea.

Cloves

These are one of the best sources of antioxidants, the compounds that help fight off disease-causing free radicals in our bodies.

Next time you make

rice, add a few cloves to the cooking pot.

Cinnamon

A study shows that a whiff of cinnamon, or chewing cinnamon gum, stimulated the cognitive process and improved scores in working memory and visual-motor response speed.

Sprinkle cinnamon on your morning cereal.

Ginger

It has long been used to

soothe upset stomachs.

Now, Toronto researchers recommend ginger as a "safe, effective and inexpensive solution" for nausea and vomiting due to pregnancy. (But check with your doctor first.)

Ginger makes a great addition to any rub for roasted meats.

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Bistecca Italian Steakhouse ain't no spaghetti Western

► The 14-oz rib eye at this restaurant is enough for tomorrow's lunch, too

CHRISTOPHER THRALL

LUNCH RUSH

CHRISTOPHER THRALL
FOOD@METRONEWS.CA



Bistecca hired some darn good servers: Mariah helped us out with choices and enthused over our decisions.

She was delightful as she presented an excellent Gladstone Pinot Noir (\$47) from New Zealand.

She sweetly delivered appetizers — of which the baked asparagus was king — then my steak.

And what a steak it was! Bistecca's signature dish is a 14-oz rib eye (\$38) reposed



► The rib eye with root veggies.

on some root veggies.

I happily powered my way through the rich cut. Its spice-rubbed, lightly-charred exterior parted easily to yield the luscious, ruby red flesh beneath. My

Pinot's fruity first sips gave way to a dark, lingering flavour that stuck with us throughout the meal.

I rounded the evening off with a frothy white chocolate tiramisu (\$9) and

a Monte Cristo coffee (\$6.50) with an obscene amount of whipped cream.

I look forward to our next visit, and not only to hear Mariah gush over that tempting duck duo entrée.

Bistecca Italian Steakhouse

2345 111 St.
780-439-7335
sorrentinos/bistecca.php
Reservations: Yes
Licensed: Yes
Categories: Friends, family, date, co-workers
Price range: Mid to high
Rating: 5 out of 5

Cinnamon Bun Bread Pudding



Preparation:

- 1 Coat a 3 L (9-by-13-inch) baking dish with cooking spray.
- 2 In a blender, combine eggs, cream, 5 ml (1 tsp) of the ground cinnamon and salt; puree until smooth. Set aside.
- 3 Cut each cinnamon bun into 2.5- to 5-cm (1- to 2-inch) chunks. Arrange chunks in even layer in prepared baking dish. Pour egg mix over pieces of cin-

namon buns. As you pour, use fork to press on bun pieces to help them absorb liquid.

- 4 Bake in 180 C (350 F) oven 25 to 30 mins. or until lightly puffed and starting to brown. Let cool 15 to 20 mins. Meanwhile, in a bowl, whisk together icing sugar, water, vanilla and remaining cinnamon. Drizzle bread pudding with glaze, then cut it into 12 squares. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS**

Ingredients:

- 6 eggs
- 375 ml (1 1/2 cups) 5 % light cream or milk
- 10 ml (2 tsp) cinnamon
- Pinch salt

- 12 large glazed cinnamon buns
- 250 ml (1 cup) icing sugar
- 22 ml (1 1/2 tbsp) water
- 5 ml (1 tsp) vanilla extract

Stovetop ham frees up oven

► Simmer the meat in a broth that allows the flavours to seep deeper

When there are so many things that need to get in the oven for your holiday dinner, why not do most of the main dish on the stovetop?

Cooking a stovetop ham in an infused broth will intensify the flavour in the ham to penetrate right through.

The golden finish is the glaze over top to add a sweet mustardy flavour

and a golden colour that everyone at the table will adore.

Preparation:

- 1 Using a mortar and pestle or a resealable bag and a meat mallet, combine and lightly crush cloves, fennel, cumin and coriander.

- 2 In a large stock pot (big enough to hold ham)

heat oil over medium-high. Add crushed seeds, onions and garlic. Cook for 5 minutes or until onions begin to brown. Add wine, orange juice, lemon juice, Worcestershire sauce and oregano. Place ham in pot and fill with water to cover.

- 3 Bring to a boil, then reduce to a simmer. Cover

and simmer for 2 hours.

- 4 Line a baking sheet with foil and place a roasting rack over foil. Remove ham from pot and place on rack.

- 5 Glaze: In a small bowl, whisk together mustard and apple jelly, then brush mixture all over surface of ham. Roast in 230 C (450 F) oven for 25 minutes or until surface of ham is golden and glaze is bubbly. Let ham rest in a warm place for 20 minutes before slicing. **ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CHEF. (EMILYRICHARDSCOOKS.CA)/ THE ASSOCIATED PRESS**

Ingredients:

- 15 ml (1 tbsp) whole cloves
- 5 ml (1 tsp) fennel seeds
- 5 ml (1 tsp) cumin seeds
- 15 ml (1 tbsp) coriander seeds
- 15 ml (1 tbsp) canola oil

- 2 onions, quartered
- 2 cloves garlic, crushed
- 250 ml (1 cup) white wine
- 250 ml (1 cup) orange juice
- 50 ml (1/4 cup) lemon juice
- 50 ml (1/4 cup) Worcestershire sauce

- 30 ml (2 tbsp) dried oregano
- 1 bone-in ham (3.175 to 3.5 kg/7 to 8 lb)
- Glaze
- 125 ml (1/2 cup) Dijon mustard
- 125 ml (1/2 cup) apple jelly



► This ham serves 12.

Guide to peacocking

- Plenty of holiday parties to attend the next few weeks?
- Read on to learn how to become the life of the party

Stressed out about the office Christmas party or your neighbour's drop-in bash for New Year's Eve?

You could send your regrets, or show up and hide in the corner while pretending to text all night.

Or you could go the other way and dazzle the guests with your outfit, wit and charm. Here's a guide to peacocking — or how to be the life of the party.

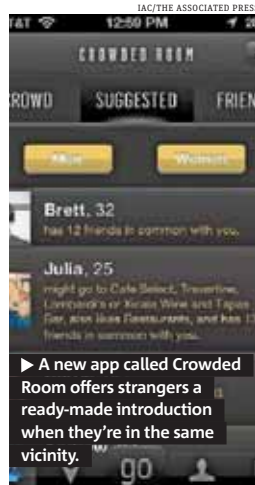
DRESS

"Wear something festive: A colourful tie, an interesting pin or fashionable shoes are great conversation starters," said Jacqueline Whitmore, an etiquette expert and author of *Poised For Success*. "People tend to gravitate towards people who stand out or look interesting."

Christie Nightingale, principal of Premier Match, an upscale matchmaking firm, agreed, saying: "Stand out from the crowd by wearing a bright colour, like red or emerald green, not black."

CONVERSATION

Have a list of easy questions in mind as conversation starters: "How's it going? Who do you know here? How did you get



here?"

Jokes can work, but be careful not to offend.

You could also brush up on current events, but be aware that most people would rather chat about subjects that are "easy and fun instead of getting so serious."

INTRODUCTIONS AND COMPLIMENTS

"Walk around, get a solid idea of who's in the house and side right up to someone who seems interesting — maybe they're wearing a bright sweater, or a fun hat — and give them a compliment," said Sian-

Pierre Regis, founder of the Swagger: New York style website. "Then introduce yourself."

TOASTS

For an office party, "another way to stand out, which takes a lot of practice and preparation, is to offer a very brief, humble toast, thanking your co-workers, colleagues, and the executive team for being great co-workers, colleagues, team, etc.," said Matt Eventoff, owner of Princeton Public Speaking, which trains executives for public appearances.

At a social gathering in someone's home, a simple toast might thank the hosts for bringing everyone together with good food, drinks and company.

SMILE

"Give them your Mona Lisa smile," said Suzanne Zazulak Pedro, an executive coach and founder of The Protocol Praxis. Not a fake Pan Am stewardess smile, as she put it, but a close-lipped half-smile, "like you have a secret. It will not only make people wonder what you are up to, but it will also help initiate conversations."

THE ASSOCIATED PRESS



► Make sure your kids display proper manners at the table this Christmas.

MANNERS TAKE TIME, PRACTICE

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONews.ca

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

What is appropriate to expect from children with regards to table manners and etiquette?

Myself, I always taught my children well, but I am appalled at the lack of manners of so many children these days.

Sticky for Manners

Dear Sticky for Manners,

Well, the world has changed and children's manners aren't what they used to be. One of every

parent's nightmares is taking their children in public and being embarrassed from their lack of social skills. So let's review what is appropriate social behaviour.

Children should be taught manners and social skills from a very young age. As soon as they are able to start to reason and understand verbal language you can start with a simple please and thank you.

Once children start to get older (five to eight), learning table manners becomes important.

Understanding how to correctly use a knife and fork at the table, how to leave the table, drink from a glass, etc.

Now for those parents who think you can do this the night before a family

event, that is where you are going wrong; turning these skills into everyday habits is the objective.

Some of the reasons you need to practice this at the family kitchen table every night are because:

1. You must practice a new skill for 21 days to start a pattern.
2. It takes 100 days for this new pattern to become automatic.

This is why you must begin and practice manners daily at home. Remember, good manners are not just for when you have guests or are entertaining; manners are to be applied everyday amongst family members, friends and work.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONews.ca.

On a quest to make new friends

Making friends shouldn't be complicated. We've been doing it since we were kids, right?

But for many of us, as a new book points out, "friend-making is not the natural process it used to be." Chicago transplant and journalist Rachel Bertsche discovers this the hard way when she finds herself without close friends to speak of, two years after moving. She comes up with a game plan to change her situation — go on one friend date a week over the next year, 52 in all.

MWF Seeking BFF: My Yearlong Search for a New Best Friend chronicles Bertsche's quest. If reading about several dozen meet-



ups sounds like a drag, it can be at times. But more often than not, Bertsche's skill as a writer and the myriad ways she finds potential dates keep things interesting.

She asks current friends to set her up, approaches prospects at her yoga class and neighbourhood restaurant, signs up for a speed-

friending event, consults a friend matchmaker and, demonstrating she's willing to give anything a shot, even tries a Rent-a-Friend website. The book is also peppered with intriguing research on topics like what makes friends click, how many friends we need and the health benefits of having friends. ("Researchers found that having low levels of connection is comparable to smoking 15 cigarettes a day or being an alcoholic, more harmful than not exercising and twice as harmful as obesity.")

The audience for this kind of a book is probably limited. But Bertsche seems to have a clear idea of her

target audience. She gives no explanation when referring to the likes of Regina George (the lead bully in the 2004 movie Mean Girls), but feels the need to include this parenthetical comment when mentioning Gallup: "You know, the company that conducts all those polls."

For all the book's weaknesses — the gimmicky premise, the repetitive comparisons between her old friends and new friends, the sometimes tiring accounts of dates — a reader cannot help but root for Bertsche, cheer her successes and consider trying out some of her ideas.

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www.deeperlife.ca

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Beware online pickpockets

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



In this season of joy and giving and shopping who wants to think about getting ripped off?

But in this era of cyber predators we must take as much care with information as you would with your wallet in a place frequented by pickpockets.

The Financial Consumer Agency of Canada (fcac.gc.ca) urges everyone

Fraud is an increasing problem but you can protect yourself with a little bit of vigilance.

ALISON'S MONEY RULE

to be a little extra vigilant during the holidays, since we are often rushed and trying to do two things at once.

Justin Hwang, associate vice president of Fraud Management at TD Canada Trust, says that bogus websites can easily snare the unwary. He notes that website addresses beginning with https:// are usually secure. But if you update your antivirus software regularly you'll be alerted to the phony ones.

With so much shopping going on at this time of year you should also take a glance at your credit card and bank statements more often than normal to catch any unauthorized activity.

When you are short of time it's tempting to hand over your credit or debit card to a child to make certain purchases for you.

Aside from the fact that such use violates your con-



tract with the bank, even the most responsible kids don't necessarily understand the importance of being vigilant about fraud.

But, of course, many youngsters these days have their own debit cards and may be authorized users on a parental card.

Watch them as they use these cards and coach them about ensuring their card is always close at hand.

They shouldn't put it on the cashier's counter where others in line can see it. And keeping their PIN one giant secret is vital. I recommend kids change their PIN every six months or so.

Have a wonderful and secure holiday.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

Cyber fraud

Here are a few ways to protect yourself. Be sure to share these tips with your children as they are the fastest growing group of online consumers.

- ▶ Don't shop online using public or unsecured wireless Internet.
- ▶ Be cautious about sharing too much information on social networking sites.
- ▶ Be sure you know a site is secure before entering personal information.
- ▶ Use virus or spyware protection software and update it regularly.
- ▶ Avoid using the automatic password or personal information log in function on your computer.
- ▶ Don't use Wi-Fi hotspots to log into your social networking pages.

PAY IT OFF

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Happy holidays fun and frugal readers!

Have you been avoiding bringing in the mail? Did you stash that dreaded credit card bill in a 'don't look now' drawer? Most Canadian households have wreaked major havoc on their credit cards this holiday season.

Starting now, you need a plan to pay off your credit card debt as fast as possible so as to avoid massive interest charges in the new year.

The best way to deal with holiday credit card debt is to get organized. Figure out who you owe money to, how much and the interest rate.

Next, scrounge up an extra \$10 or \$20 per week and pay a little extra on the highest interest credit and store card bills. By making extra payments as often as you can, you're tackling the principle portion of the debt more often which translates into less interest being accumulated. If you're stumped on where to find an extra \$20; cut back on cellphone plans or coffees and sell unwanted household items on Kijiji.

If you've got multiple credit card balances you can also save money by consolidating them into a small loan with a fixed term and repayment plan. Though interest rates and payment flexibility are tempting, do not use credit lines as a pseudo-consolidation loan.

Credit lines don't have a collapsing balance and Canadians tend to borrow back all the payments they make toward the balance.

Credit lines were originally designed to help home owners build equity; not to mask overspending problems. While you're paying off your debts, don't rack up any more. You only need one credit card and I would recommend reducing the credit limit as you pay down the balance.

A debt-free lifestyle translates into way less stress. So, make it your New Year's resolution to pay off expensive consumer debt as quickly as possible.

Black Friday bites back

▶ Stores in U.S. see huge returns but not ones they want ▶ Consumers try to stay in the black

Ah, the warm feelings of the holidays: Comfort and joy. Good cheer. And buyer's remorse.

People who rushed to snag discounts on TVs, toys and other gifts are quickly returning them for much-needed cash.

The shopping season started out strong for stores, but it looks like the spending binge has given way to a holiday hangover.

Return rates spiked when the Great Recession struck and have stayed high. For every dollar stores take in this holiday season, they'll have to give back 9.9 cents in returns, up from 9.8 last year, according to the U.S. National Retail Federation's survey of 110 retailers. In better economic

times, it's about 7 cents.

This time of year, fractions of a penny add up. Stores are expected to ring up \$453 billion during the holiday season. Merchants make up to 40 per cent of their annual sales in the last two months of the year.

Some reasons for the many unhappy returns:

- Shoppers are bingeing on big discounts. But the same shoppers who find a "60 per cent off" tag too good to resist may realize at home that they busted the budget.

- Stores have made it easier to take things back. Nordstrom is letting online

"When the bills come in and the money isn't there, you have to return."

JENNIFER KERSTEN, 33 OF MICHIGAN

shoppers return items at no extra charge this year. It used to charge \$6.

- Stores are undercutting each other in a tough economy. Wanda Vazquez spent \$39.99 at a New York Target on iPad speakers for her 12-year-old daughter, then returned them when she found something similar for \$16.99 at Marshalls.

THE ASSOCIATED PRESS

WADE PAYNE/THE NEWS SENTINEL/THE ASSOCIATED PRESS



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Rangers top bidder for Darvish

The Texas Rangers have submitted the winning bid for Yu Darvish, earning the right to negotiate a contract with the Japanese pitcher.

Major League Baseball announced Monday night that the Hokkaido Nippon Ham Fighters of Japan's Pacific League informed the U.S. commissioner's office that they have accepted the top bid for Darvish.

The Rangers, who have won the past two AL pennants, now have 30 days to sign Darvish to a contract. The 25-year-old right-hander is considered the best pitcher in Japan and several teams, including the Toronto Blue Jays, were thought to be interested in him.

"The Texas Rangers are pleased and excited to have acquired the rights to negotiate with Yu Darvish. Our organization has scouted Mr. Darvish for the last several years and has been very impressed with his abilities and accomplishments. We believe he would be a great addition to the Texas Rangers pitching staff," the Rangers said in a statement.

THE ASSOCIATED PRESS

KEVORK DJANSEZIAN/GETTY IMAGES



► Yu Darvish



► Detroit's Henrik Zetterberg knocks down the Oilers' Sam Gagner in Edmonton Monday night.

Wings' tips sink Oilers

► Khabibulin left helpless as Detroit scores on three deflections

Drew Miller scored the game winner with 4:15 remaining in the third period as the Detroit Red Wings earned a 3-2 victory over the Edmonton Oilers on Monday night.

Miller's goal came on a deflection on a point shot by Niklas Lidstrom, Detroit's third goal of the night that came off of a tip in front of the net.

Dan Cleary and Jiri Hudler also scored for the Red Wings (21-11-1) who have been on fire of late, winning 12 of their last 15 games.

Ryan Jones and Jordan Eberle scored in response



for the Oilers (14-16-3), who are trending in the other direction with four consecutive defeats and losses in nine of their last 11 games.

Detroit started the scor-

ing four-and-a-half minutes into the first as a backhand shot by Jakub Kindl was deftly redirected past Oilers starting goalie Nikolai Khabibulin and into the net.

Edmonton had its chances on Red Wings goalie Jimmy Howard, particularly Taylor Hall, who hit a post and also had a puck heading toward an open net on a partial breakaway that was fished away by Detroit's Brad Stuart.

The Oilers tied the game less than three minutes into the second period as Sam Gagner chipped a puck up ice to give Jones a break-

away. Jones made the most of the opportunity, burying his 11th through Howard's legs.

The Red Wings went up 2-1 with four minutes left in the second after a Ryan Whitney giveaway allowed them to gain the Edmonton zone and Hudler was able to tip a Henrik Zetterberg shot into the net.

Edmonton tied the game once again on a power-play goal with 0.5 seconds left in the second period as a Ryan Nugent-Hopkins shot that was blocked in front was picked up by Eberle in the slot and rifled home.

THE CANADIAN PRESS

4

sports

Quoted



"I'm feeling good. I feel like I'm where I want to be and obviously I'm trying to work and just keep improving every day."

CANUCKS GOALTENDER ROBERTO LUONGO, WHO ALLOWED JUST EIGHT GOALS IN THE FOUR GAMES HE PLAYED ON HIS TEAM'S RECENT FIVE-GAME ROAD TRIP.

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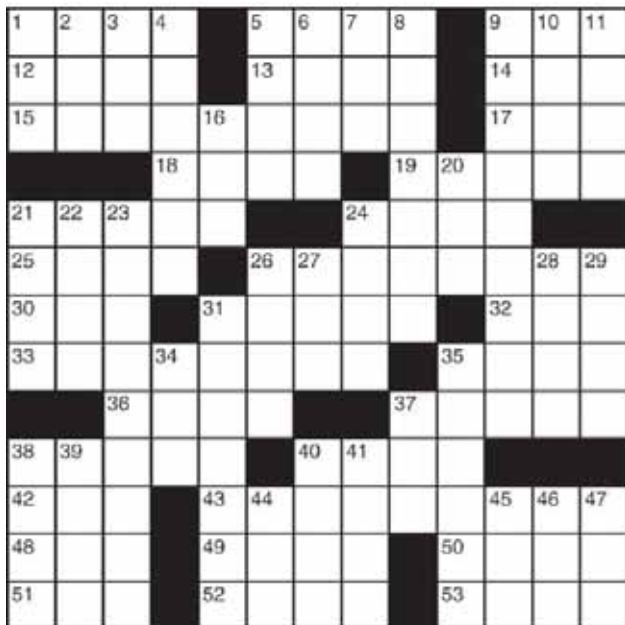
Crossword

Across

- 1 Grand tale
- 5 Advantage
- 9 Dine
- 12 Insignia
- 13 Abound
- 14 Paid athlete
- 15 Dramatic public display
- 17 Id counterpart
- 18 Conversation
- 19 Indy car, e.g.
- 21 Fill the tank
- 24 Neighbour of Java
- 25 Tears
- 26 T-bars, e.g.
- 30 Citric beverage
- 31 Beg
- 32 A Gershwin brother
- 33 Parts of Sunday's newspaper
- 35 God (Lat.)
- 36 Actress Skye
- 37 Factions
- 38 Greedy kid's demand
- 40 Dalai —
- 42 Praise in verse
- 43 Theorize
- 48 Coffee break hour
- 49 Throat-clearing sound
- 50 One
- 51 Owns
- 52 Toll road
- 53 Maze option

Down

- 1 Type measures
- 2 Spot on a domino
- 3 Lemieux milieu
- 4 Desert plant
- 5 Catchall abbr.



- 6 52 cards
- 7 Hair goop
- 8 Green stone
- 9 Gave details
- 10 Incite
- 11 Indigent
- 16 Spigot
- 20 "The Greatest"
- 21 Mardi —
- 22 Staffer
- 23 Samples
- 24 Prejudice
- 26 — gin fizz
- 27 "Jeopardy!" legend Jennings
- 28 Verifiable

- 29 Lip
- 31 Conifer exudation
- 34 Cruise or Selleck
- 35 Broadband ancestor
- 37 Dallas sch.
- 38 Morbid style of rock music
- 39 Concept
- 40 Welsh emblem
- 41 Pinnacle
- 44 — Beta Kappa
- 45 Literary collection
- 46 — for tat
- 47 Biblical verb ending

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 3° Max 3°	Min -5° Max -3°	Min -10° Max -4°

Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 5:30 A.M.



Today's horoscope

♈ Aries March 21-April 20 Why stress yourself out when with the same amount of effort you can have a great deal of fun?
♉ Taurus April 21-May 21 You will be tempted to go to extremes in your personal life today.
♊ Gemini May 22-June 21 Put money worries behind you and do something that makes you feel good about yourself. If you feel the need to get away, just go.
♋ Cancer June 22-July 22 Promise yourself here and now that no matter what happens over the next few days you won't overreact.

♌ Leo July 23-Aug. 23 A few days from now you may look back and feel guilty about some of the things you said and did.
♍ Virgo Aug. 24-Sept. 22 You won't hesitate to help someone in need today.
♎ Libra Sept. 23-Oct. 23 Someone you meet while working or pursuing a creative interest will get your heart racing today.
♏ Scorpio Oct. 24-Nov. 22 You enjoy doing what others say can't (or should not) be done, but don't get carried away and do something that leaves a black mark

For today's crossword answers and for expanded horoscopes, go to metronews.ca against your name.

♐ Sagittarius Nov. 23-Dec.

21 Do something different today, something no one would expect you to do.

♑ Capricorn Dec. 22-Jan. 20

You may want to impress someone who means a lot to you but don't go over the top.

♒ Aquarius Jan. 21-Feb. 18

You have nothing to worry about and everything to look forward to.

♓ Pisces Feb. 19-March 20.

Think with your head but feel with your heart. Listen to what your heart tells you today — and act on it. **● SALLY BROMPTON**

Caption contest



Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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